

# MEET MIGUN!



## The Migun Thermal Massage Bed:

With regular use, you can achieve better health, addressing such issues as: Arthritis, Diabetes II, Migraines, High Blood Pressure, Chronic Back Pain (Sciatica), Sleep Issues, and Muscle Tightness/Soreness

### Acupressure:

pressure points flush toxins to restore balance

### Acupuncture:

far-infrared rays stimulate acupressure points deep in tissues

### Chiropractics:

healing occurs with proper alignment of the spine & body core

### Massage:

muscle relaxation promotes blood flow, recovery, & well-being

### Heat Therapy:

stimulates proper blood-flow, relieves pain, releases pollutants

\*Approved by the United States Food & Drug Administration \*Endorsed by the American Chiropractic Association, \*Approved by Health Canada \*Used at the Sports Science Physiotherapy Centre Cape Town



#### MIGUN WELLNESS CENTRE

63A Somerset Rd, Green Point, Cape Town  
021 4216900 | www.migun.co.za  
info@migun.co.za

FRANCHISE OPPORTUNITIES AVAILABLE

## NATURAL LIVING

### MAINTAINING OUR HUMAN DRAMAS

Once our brain patterns have been formed, we unwittingly go about re-creating our own particular human dramas by distorting, generalising, taking information out of context or even omitting evidence totally, so that the reality we are perceiving matches what we already believe to be true. The body-obsessed Dietonian whose truth (and human drama) is that she's fat and ugly, 'hears' people say that she's fat even when that's not what they said, and 'sees' people zoning in on all the body parts she dislikes about herself. She's convinced people discuss how fat and ugly she is even though those others might deny it. She is maintaining and strengthening her own truth. In this way our thoughts can literally be toxic to our health, and now science is providing us with proof to support this.

research using kinesiology shows that **when our thoughts are loving, compassionate and accepting, they lead to muscle strength, a strengthened immune system and vibrant health.** Whereas thoughts that are resentful, angry, fearful or anxious weaken muscles, and ultimately result in disease and illness.

Studies show that anger and hostility (see more details on this research in the next issue):

- suppress the production of lymphocytes – these are white blood cells that help the body fight infection
- inhibit natural killer cell activity – these are white blood cell that contain enzymes that can kill tumour cells
- lessen the antibodies found in our saliva, which is our very first line of defence against germs. The more antibodies we have to fight off germs, the less infections and disease we're likely to have.<sup>5</sup>

In contrast, emotional states such as appreciation and compassion result in larger quantities of the antibodies found in our saliva (salivary immunoglobulin A).<sup>5</sup>

There are also other ways we can observe the effect of emotions on the body. One of these ways, kinesiology, illustrates very clearly that the body has wisdom way beyond what has previously been know. Our body 'knows' what is good and bad for it. For example, Dr John Diamond's research with kinesiology in the 1970s<sup>6</sup> found that the body knows which emotions are good and bad for it: smiling makes muscles 'go strong' whereas the statement 'I hate you' makes them go weak. Dr Hawkins' research using kinesiology shows that when our thoughts are loving, compassionate and accepting, they lead to muscle strength, a strengthened immune system and vibrant health. Whereas thoughts that are resentful, angry, fearful or anxious weaken muscles, and ultimately result in disease and illness. (Dr Hawkins is featured in *Who's Who in America*. He is the author of *Power vs. Force*<sup>6</sup> and co-author with Nobel Prize-winner Linus Pauling of *Orthomolecular Psychiatry*. His methods have been tested across cultures and age groups and in multiple environments.)